

# The Sourdough

S E N T I N E L

April 8, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 14



**EXERCISE,  
EXERCISE,  
EXERCISE!**

**GIANT VOICE ONCE  
AGAIN RINGS OUT IN  
POLAR FORCE 05-3**

**-PAGES 12-13**





STAFF SGT. PRENTICE COLTER

## Combating sexual assault

Anchorage Mayor Mark Begich speaks during the opening ceremony that kicked off Sexual Assault Awareness Month April 1, while Brig. Gen. Michael Snodgrass, 3rd Wing commander, and Army Col. Donna Boltz, commander of U.S. Army Garrison-Alaska, look on. The leaders issued a joint proclamation following their speeches. The event was planned by a local organization, Standing Together Against Rape, and was held at the Alaska Native Heritage Center.

# Wing prepares for start of bird migration

By Mr. Jon Scudder  
3rd Wing Public Affairs Environmental

Spring is finally here, and the semi-annual flight of thousands of our feathered friends to their Alaskan homes is beginning. However, preventing them from choosing Elmendorf as their summer vacation spot is critical to mission safety.

These flocks pose a threat to aviators and aircraft operations here.

April marks the start of wing awareness and preparation for the six-week-long spring migration period. “The peak period is April 15 through May 15,” said Maj. William Browne, 3rd Wing flight safety officer, who manages the BASH program.

Unfortunately, Elmendorf has seen the impact of birds firsthand.

On Sept 22, 1995, 24 American and Canadian service members were killed when an E-3B Sentry assigned to 962nd Airborne Air Control Squadron crashed on takeoff after striking a flock of Canada geese.

Across the Air Force over the

past 30 years, Major Browne said 32 aircraft and 35 people have lost their lives due to wildlife strikes.

To help prevent a recurrence of these disasters, the Bird Aircraft Strike Hazard program, or BASH as it’s commonly referred to, kicks in during these critical periods.

The program is comprised of a group of military and civilian professionals who make it their job to deter birds from entering Elmendorf’s airspace.

“Everyone who works, lives or passes through Elmendorf can help reduce the risk to our aircrews by some simple steps,” said Major Browne.

First, Arctic Warriors can help reduce the attractiveness of the base to transiting birds by keeping debris and potential food sources out of reach. In particular, ensure dumpsters and garbage cans are covered.

“We’ve seen an increase in bird activity, especially ravens and gulls around dumpsters where the covers were left open,” added Major Browne. “If you see a dumpster left

open, please close it.”

Second, members should take their annual BASH training. The requirement can be satisfied by going to Topcover, the base intranet Web site, and reviewing the slides in the training folder.

In addition, everyone can help. If you see a bird, any bird, near the flight line, call 552-BIRD. Also, if you are away from the flight line and see a large bird, like a goose or eagle, call the BIRD hotline.

“All you have to do is call, tell us where you saw the bird, how many, and what type if possible,” said Major Browne.

The call will warn nearby aviators and dispatch a team of U.S. Department of Agriculture professionals who are on duty 24-hours a day here to chase the birds away from the airfield.

“It’s that simple and just takes a few seconds of your time,” said Major Browne. “Your call could mean saving thousands of dollars in damage, and more importantly, lives of our fellow Airmen.”

## Let your wishes be known: Update your living will

By Master Sgt. Chris Brown  
3rd Wing Judge’s Advocate

The recent legal and legislative battles over the fate of Terry Schiavo force us to ask ourselves some tough questions.

Ms. Schiavo lived in a persistent vegetative state until her death March 31.

What would you want if you were her? Does your family know? Who would decide? What can you do to make your wishes known and — more importantly — enforced?

A living will is not part of your last will and testament at all. It is a separate document, also known as an advance medical directive or declaration. It states that if you are diagnosed with a terminal, incurable condition, you are authorizing physicians to remove life support.

The conditions that trigger the living will and the extent of the medical care to be withdrawn vary significantly from state to state. A medical power of attorney may also authorize a person you designate to direct the course of your medical care, and this may include some termination of life support decisions as well.


Your legal assistance attorney can answer your questions, such as the need to revise these documents when you move to a new jurisdiction and prepare documents concerning the withdrawal/extension of life support measures.

For questions, call the Legal Office at 552-3046 to schedule an appointment.

## Tax Center to close its doors April 15

The 3rd Wing Tax Center will be open to assist Arctic Warriors with their taxes through April 15 in the basement of the People Center.

Its hours will be as follows: Monday, Wednesday and Thursday for appointments only from 8 a.m. to 6 p.m.; Tuesday from 10 a.m. to 6 p.m. with walk-ins only from 3-6 p.m.; and April 15 from 8 a.m. to 8 p.m. for walk-ins. For more information, e-mail [karie.mixon@elmendorf.af.mil](mailto:karie.mixon@elmendorf.af.mil).



# The Sourdough

SENTINEL

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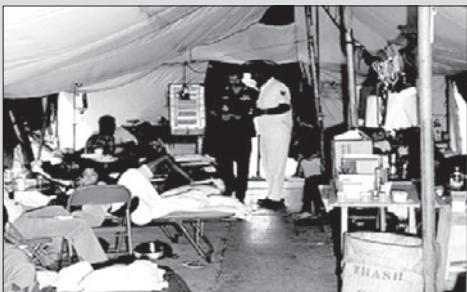
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## 3rd Wing Moment in History



One of 148 tents setup for Operation Babylift at Clark Air Base, Philippines

### April 5, 1972:

After President Ford authorized the humanitarian mission Operation Babylift, the first plane of orphans arrived at Clark Air Base, Philippines with 31 children aboard. About 3,000 children were evacuated from VietNam from April 2-29, 1975.





PHOTOS BY SENIOR AIRMAN AUSTIN MAY

Chaplain (Maj.) Patrick Fletcher, 3rd Wing Chapel Center, fondly recalls his personal experiences with the late Pope John Paul II. Chaplain Fletcher was ordained a priest by the pope in 1985 and joined the Air Force in 1989.

## Elmendorf priest recalls experiences with pope

*Chaplain (Maj.) Patrick Fletcher fondly looks back on his personal encounters with late pontiff*

By Senior Airman Austin May  
3rd Wing Public Affairs

Perhaps the single-most discussed issue in the media as of late has been the passing of Pope John Paul II. No matter where one looks for news, the pontiff's death is being mourned and his life celebrated in all corners of the globe.

Locally, the pope's passing has hit home for more than a few Arctic Warriors. Chaplain (Maj.) Patrick Fletcher, 3rd Wing Chapel Center, Catholic priest, says he has been inundated with calls of every type, from devout Catholics just wanting to talk to someone and express their feelings, to those who have been inspired to seek out a religion for themselves.

While he does his best to assist those who seek out his spiritual guidance, Chaplain Fletcher sees the pope's death on a different level, as the loss of a personal friend.

While studying Clinical Psychology at the University of Krakow in Poland throughout the mid-70s, years before entering the ministry, Chaplain Fletcher was approached with

an opportunity to fulfill a favor for a friend and teach English to seminary students in Krakow. He accepted the challenge, not knowing that he would eventually become the future pontiff's English professor.

Chaplain Fletcher recalls that the pope, who at the time was Cardinal Karol Wojtyla, was an amazing student, and learned the relatively difficult subject matter with very few problems.

"He never had to be corrected twice," said Chaplain Fletcher. "If he said something incorrectly, I would correct him, and he never made the same mistake again."

With no plans of entering the seminary, and intentions to begin a family, Father Fletcher recalls with reverent enthusiasm the night in 1975 when the man who would eventually assist in the fall of Soviet communism and change the world in countless ways in the name of God predicted his ordination to the priesthood, 10 years before it became a reality. It was Christmas Day.

"He looked at me and said 'Patrick, I am going to ordain you,'" Chaplain Fletcher said. "I told him

I had other plans, to which he replied 'No, no, no Patrick, I am going to ordain you.'"

In 1981, Chaplain Fletcher received his calling to serve God, and in 1985, Pope John Paul II, his former student, ordained him a priest.

Hailed in the media as a great pope, but also as a controversial one, it is widely known that Pope John Paul II publicly spoke out against the war in Iraq. However, according to Chaplain Fletcher, the Pope has had ties to the military since his birth in 1920.

"His father was an officer in the Polish Army," said Father Fletcher. "He is the world's most famous military brat."

The pope was a man of God and a man of peace; however, he was still an enthusiastic supporter of the military.

"He was a big supporter of the troops," Chaplain Fletcher said. "Wherever he spoke, he always had a special audience for the military."

On Elmendorf,

there have been numerous services held in remembrance of Pope John Paul II, and more are yet to come. Today, at 11:00 a.m. at Chapel 1, a solemn memorial service will be held to honor and celebrate the life of the late pontiff. The service is open to everyone, regardless of religious faith.

For more information on upcoming services or any other inquiries, contact the Elmendorf Chapel Center at 552-4422.



A single candle burns at the 3rd Wing Chapel Center in honor of Pope John Paul II, who passed away in his Vatican City residence Saturday at the age of 85.

*"He was a big supporter of the troops. Wherever he spoke, he always had a special audience for the military."*

Chaplain (Maj.) Patrick Fletcher  
3rd Wing Chapel Center



# Moving? Be sure your plasma TV will be protected

**By Airman 1st Class Ruth Vradenburgh**  
3rd Wing Judge's Advocate

Sometimes moving can be difficult in the military. As military members, there are several steps to take to make a move more successful.

Lately, plasma televisions have become an issue for both the moving companies and the members involved. Due to their high value and vulnerability to damage, proper packing and handling is a top priority.

Plasma monitors use a plasma medium and a mixture of gases to display digital signals. These gases are contained in thousands of sealed, low-pressure glass chambers. Long electrodes are also sandwiched between the glass plates, on each side of the cells or chambers. Plasma monitors have wide screens, can be as thin as 3.5 inches, and can be extremely heavy depending on their size.

When buying your plasma monitor, the service member needs to discuss with the sales represen-

tative the best way to transport it. Plasma monitors should be wrapped and placed in an approved shipping container for maximum protection. It is highly recommended that you retain the original packaging for shipment.

It is your responsibility to make sure that the movers pack your household goods correctly. If you do not have the original packaging for your plasma monitor, the movers are responsible for making sure it is packed safely. You can also refuse to have the item shipped, and ship it at your own expense. Plasma monitors should remain in an upright position at all times. Plasma monitors should not be exposed to rain, moisture, excessive dust, direct sunlight, or extreme temperatures.

Upon delivery at your next duty station, allow your plasma monitor to “sit” for a period of time before turning it on. If it is to be put into storage, a climate-controlled environment is recommended since plasma monitors are sensitive to extreme temperatures and humidity (some carriers do not

maintain climate-controlled storage facilities). If you feel that the movers are not packing your television correctly, contact the Traffic Management Office, Quality Control Section at 551-4002. It is your right to know your household goods are being packed and shipped properly.

Be advised that when filing a claim for a television of any kind, the maximum the government can pay for that item is \$2,500. Because most plasma televisions cost more than this, homeowners or renters insurance is highly recommended. You can also inquire with TMO about purchasing “full replacement insurance” for your total shipment. By following these tips, a move with the military can be less stressful.

TMO will assist people in scheduling household good pickups or to set up deliveries. The office is located in People Center.

To schedule inbound deliveries call 552-2209, to schedule counseling and outbound pickups call 552-1793.

## Base organizations to celebrate Month of Military Child

The following are events offered by Elmendorf facilities in support of the Month of the Military Child this April:

### Youth Center

Activities Day will be April 15 beginning at 4 p.m. at the Youth Center. It will include music, the bounce house, a three-way slide and games. For more information, call 552-KIDS.

### School Age Program

A Fashion Show will be April 27 from 6:30-8 p.m. with a location to be announced. The cost is free, but families are asked to bring any size bag of pet food/pet item, which will

be donated to a humane society. The Elmendorf drill team will be performing, and door prizes and pizza will be offered. For more information, call 552-5091.

### Library

■ Preschool Story Hour is Tuesday and April 19 and 26 at 10:30 a.m. at the Library. This program is open to children up to age 5 who are not part of a day care group, enrolled in an educational facility or attending any other organized group. Children must be accompanied by an adult.

■ Take It and Make It is Tuesday and April 19 and 26 at the Library at

any time during regular hours of operation. Children can receive a craft kit to take home, which contains instructions and all the necessary pieces to build a craft. For more information, call 552-3787.

### Polar Bowl

Youth ages 17 and under can bowl for 50 cents per game from April 11-14 from 11 a.m. to 5 p.m. For more information, call 552-4108.

### Skills Development Center

Kid’s Korner will be Saturdays in April from 1-3 p.m. at the Skills Development Center. Children can learn to build a craft. For additional

information, call 552-2470.

### Susitna Club

Children ages 12 and under can eat for free every Thursday through Saturday in April in the Susitna Café. They can also receive one free item off the children’s menu or children’s buffet with each adult dinner meal purchased. For more information, call 753-3131.

### Family Advocacy

Family Advocacy will be giving away children’s books, pins and parenting handouts at their display that’s set up at the Base Exchange. For more information, call 552-5858.



STAFF SGT. PRENTICE COLTER

## 7 Arctic Warriors STEP up

Tech. Sgt. Joe Garza, 3rd Logistics Readiness Squadron, receives master sergeant stripes April 1 from Brig. Gen. Michael Snodgrass, 3rd Wing commander. Sergeant Garza received his stripes through the Stripes for Exceptional Performers program. A total of seven people were STEP promoted last week, including promotions to master sergeant for Tech. Sgt. Joseph Miller, Jr., 3rd Mission Support Squadron, and Tech. Sgt Christopher Schott, 3rd Civil Engineer Squadron, and promotions to technical sergeant for Staff Sgt. Angela Atkinson, 3rd Medical Group, Staff Sgt. Marc Carney, 3rd MDG, Staff Sgt. Capucine Fick, 3rd Communications Squadron, and Staff Sgt. Becky Menefee, 3rd Maintenance Group.

## Elmendorf's Air Force Assistance Fund '05 campaign is success

By Staff Sgt. Mike Edwards  
3rd Wing Public Affairs

Elmendorf's annual Air Force Assistance Fund campaign has ended and the results weren't quite what the planners expected.

With a goal of slightly more than \$93,000, Arctic Warriors managed to meet and then beat that goal by approximately 42 percent for a total of \$132,589.

"Because of the outstanding support we've received from the base community, there will be many more Airmen and their family members who will be able to receive assistance when they need it the most," said Maj. Patrick Casey, AFAF project coordinator.

The active-duty participation rate was 33 percent, and according to Major Casey, this goes to show that today's Arctic Warriors really have embraced the philosophy General and Mrs. Hap Arnold had of "Airmen helping Airmen" when they started the Aid Society in 1942.

"This was truly a collective effort on the part of the entire Elmendorf community," said Major Casey. "Commanders, unit representatives, and the people at the Finance Office really put in a lot of work to make this such a successful campaign. I applaud their efforts."

For more information about the AFAF, visit [www.afassistancefund.org](http://www.afassistancefund.org).



**Tech. Sgt. Dane VanPelt**

**Duty title:** 3rd Aircraft Maintenance Squadron specialist expeditor  
**Hometown:** Saint Joseph, Mo.  
**Hobbies:** Jeeps and camping  
**How he contributes to the mission:** Coordinates day-shift maintenance on all F-15E aircraft, engines, electric and environmental discrepancies  
**Time at Elmendorf:** Seven years  
**Best part of being in Alaska:** The summers  
**Supervisor’s comments:** “Sergeant VanPelt makes things happen when they need to happen, and he’s always one step ahead of everyone else.”  
Master Sgt. Mike Molinelli



PHOTOS BY TECH. SGT. KEITH BROWN

**Staff Sgt. Bryan Johnson**

**Duty title:** 3rd Operations Support Squadron weather technician  
**Hometown:** Lee, N.H.  
**Hobbies:** Skiing, whitewater rafting, hiking, rock climbing and mountain biking  
**How he contributes to the mission:** Provides mission-specific weather briefings to 3rd Wing pilots and aircrew  
**Time at Elmendorf:** Four years and six months  
**Best part of being in Alaska:** The outdoors and long summer days  
**Supervisor’s comments:** “Sergeat Johnson is an outstanding forecaster dedicated to the 3rd Wing mission. His attention to detail and mission execution forecasts are unmatched. He sets the standards for our Air Force core values.” Tech. Sgt. Scott Butler



## Town Hall meetings

Brig. Gen. Michael Snodgrass, 3rd Wing commander, and Aurora Military Housing will hold the following Town Hall meetings:

■ April 18 at 7 p.m. in the Susitna Club for residents in the Houston, Boulder, Douglas, three-bedroom Boston units on 19th Avenue.

■ April 20 at 7 p.m. in the Susitna Club for residents in the Denver Housing area. Call 552-4439 for more information.

## Free shuttle service

The Armed Services YMCA now offers a free van shuttle service for all military members and their families every Monday to Friday from 7:30 a.m. to 8 p.m. Those under age 18 must be accompanied by an adult.

The shuttle covers most locations on Fort Richardson and Elmendorf. For guaranteed pick up, make appointments 24 hours in advance. Same day service is also available.

Call 384-FREE (3733) from 8 a.m. to 4:30 p.m. to sign up.

## ATV briefings

All-terrain vehicle safety briefings will be Tuesday at the Base Theater at 10 a.m. and 2 p.m. The briefings are mandatory for all those who plan to ride an ATV this summer. For more information, call 552-3938.

## Manager’s training

The 3rd Civil Engineer Squadron will conduct mandatory facility manager’s training April 27 from 8:30-

9:30 a.m., 10-11:30 a.m. or 1-2:30 p.m.

The training is for all assigned primary and alternate facility managers, including tenant units.

For more information, call 552-3449/3727.

## Kick-off banquet

In observance of May being Asian-Pacific-American Heritage Month, a Kick-Off Banquet will be May 3 at 11 a.m. in the Susitna Club. The guest speaker will be Brig. Gen. James Hirai, Fort Richardson commanding officer. Cost is \$10.60 for club members and \$12.60 for nonmembers. Purchase tickets by April 27 by calling 552-2839/3932.

## Bank grand opening

The grand opening of Alaska USA’s new Elmendorf branch at the Joint Military Mall runs through April 16. Stop by for balloons and cookies and register to win a TV/DVD combo.

The bank’s lobby hours are 10 a.m. to 6 p.m. Monday through Saturday, and the drive-thru is open from 8 a.m. to 6 p.m. Monday through Saturday.

## Suicide prevention

All military and civilian members are required to attend one of the following briefings at the Base Theater to satisfy their annual training requirement: Monday at 3 p.m., Wednesday at 7:30 a.m., May 2 at 3 p.m., May 4 at 7:30 a.m., May 18 at 3 p.m., June 6 at 3 p.m., June 8 at 7:30 a.m. and June 14 at 3 p.m.

For more information, call 580-1399.

## Updating DEERS

Have you ever expected something in the mail from the hospital, but didn’t get it? Often, TRICARE mailings, such as billings and lab results, don’t get to their intended place because of incorrect address information. However, the Defense Enrollment Eligibility Reporting System has made it easier for members to keep their information current.

Whenever members have a change in their address or phone number, they can update DEERS at [www.tricare.osd.mil/deers/default.cfm](http://www.tricare.osd.mil/deers/default.cfm). The site will automatically update the other systems, to include TRICARE’s.

## Free child care

The Returning Home Care program provides up to 16 hours of free child care to servicemembers, who are within 30 days of returning from their deployment.

Call 552-3995 for more information.

## Family Support Center

The Family Support Center offers the Strong Interest Inventory for adults to discover which career fields are best for them Monday at 3 p.m. Call 552-4943 to sign up.

## Free movie

The Armed Services YMCA has up to four tickets per person for anyone interested in seeing “The Pacifier.” The movie will be showing April 15 at 7 p.m. at the Base Theater. For more information, call the ASYMCA at 552-9622.



## Chapel Schedule

### Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 6 p.m. Sundays at Chapel 2

### Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

### Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.
- For more information, call the Chapel at 552-4422.

# Top 5 Enlisted Issue #5 – Club Renovation, Rejuvenation

By Chief Master Sgt. Robert Tappana  
3rd Wing command chief master sergeant

The fifth of our Elmendorf Top 5 Enlisted Issues is Club Renovation and Rejuvenation. We are determined to develop a club geared toward today’s Airmen. Most of our efforts will be focused on the Kashim Club.

The key to our plans for the Kashim is the club’s Enlisted Advisory Council. With members from every unit on base, the council provides a direct enlisted voice in planning for the rejuvenation of the Kashim Club.

Formed in the fall, the council is already working with Ms. Sherry Mason, Elmendorf Club manager, and her staff to bring you a club that’s tailored to your needs and preferences.

One of the first changes the club made was the introduction of a bar menu. There was strong demand for food to be served at the Kashim but reopening the kitchen was cost prohibitive.

Determined to meet the needs of our members, the club purchased and installed two quick fryers right at the bar.

We now have nine menu items available, including hot wings, chicken strips, onion rings and cheese-burger fries (french fries topped with ground meat and cheese).

Another problem council members brought forward was the difficulty our Airmen had in getting downtown guests on base to go to the Kashim.

The club immediately worked with the 3rd Security Forces to establish the new Club Base Pass.

*“The renovations will result in an entertainment space with a much more modern, urban, hip-hop feel to it.”*

Chief Master Sgt. Robert Tappana  
3rd Wing command chief master sergeant

Now, authorized ID card holders may stop by the Kashim or the Susitna Club and pick up a pass enabling their off-base guests to meet them at the club for Friday through Sunday club events.

We’ve just finished upgrading the Kashim game room. We’ve installed new pool tables, table top video games, and best of all, X-Box game stations.

The X-Box stations are free to use and games are available at the bar or you can bring your own. So far, response to these additions is very positive.

We are also working to upgrade the Glacier Night Club area, also known as the ballroom. We are purchasing a new décor package as well as several new TV screens to enhance the music videos when the Glacier Night Club is in full swing on the weekends.

The renovations will result in an entertainment space with a much more modern, urban, hip-hop feel to it. We want to make it a more comfortable place to join your friends, listen to music, dance, relax, and have a great time.

We aren’t done yet. We know there are still more positive things we can do to make the clubs more Airmen friendly.

We are currently studying the upstairs area at the Kashim to see what additional opportunities we can offer.

In addition, we are working to make sure that every enlisted member knows about and has input in the services offered at the Susitna Club.

Since the kitchen closed at the Kashim, the Susitna Club’s dining area offers great values and is open to enlisted members.



Be sure to go by and check it out. In addition, there are regular large scale events at the Susitna that are open to everyone.

The recent Casino Night was a huge success, and we are looking forward to the Wild, Wild West Roundup April 29 from 6 p.m. to midnight. We hope to see you there.

So, what is the bottom line? Our clubs exist to meet your entertainment and social needs.

We solicit your help in planning the future of the Elmendorf Clubs, especially the Kashim.

If you’d like to be a member of the Enlisted Advisory Council or if you have any ideas to make the Kashim Club better, please let me know.

I am the chairman of the club’s Enlisted advisory Council and the issues champion for Enlisted Issue #5.



## AADD STATISTICS

AIRMEN AGAINST DRUNK  
DRIVING PICK-UPS  
YEAR TO DATE

443

DUI'S FROM  
ELMENDORF AS  
OF LAST WEEK

14

EXCUSES  
TO DRINK  
AND DRIVE

0

POTENTIAL LIVES SAVED BY AADD

COUNTLESS

WHO TO CALL FOR A RIDE

552 HOME



# Arctic Life

Great living in the great land

## Elmendorf Airman keeps AF wrestlers fit for mat

*Love for physical therapy prompts sergeant to crosstrain, leading to unique opportunity*

By Mr. Walt Johnson  
Air Force Space Command

PETERSON AIR FORCE BASE, Colo. — One thing you can be certain of when you have athletes competing at a championship level, there is an increased potential for injury or there will be a need for quick and efficient medical service.

The Air Force Wrestling Team has one of the top sports medicine technicians on its side as it prepares for the upcoming interservice competition.

Michael Apodaca, a technical sergeant from the 3rd Medical Group and the noncommissioned officer in charge of physical therapy, keeps the Air Force team as healthy as possible as it goes through its grueling training camp.

Apodaca has already had to deal with wrestlers with injuries such as rib-cage soreness, a shoulder out of socket and various other wrestling-related injuries.

His background in physical therapy makes him more than capable of making sure Air Force wrestlers can recover from their injuries and be ready to compete at the world class level that will be needed for the interservice competition.

Apodaca was the NCOIC of sports medicine at the Air Force Academy prior to his assignment to Alaska. That is where he got his start in sports medicine and it has led him to accept the challenge of keeping this year's team as healthy as possible .

As a former weatherman, Apodaca enjoyed doing what he did, but he found his love for physical therapy was pulling

him in that direction. Then, when he had the opportunity to apply for a new career field, he decided to cross-train into physical therapy. Not long after his cross-train, a special opportunity came along.

“Coach (Rich) Estrella sent out an e-mail to all physical therapy units in the Air Force seeking a fitness and conditioning coach.

“When I applied for this job my wife Rita said this job was made for me and I needed to pursue this. I was hesitant because I figured they wanted a physical therapist more than a physical therapy technician. So, I finally decided to fill out the paperwork and submitted my name,” Apodaca said.

“After my resume was reviewed, I did a telephone interview with coach Estrella and I guess he liked what he heard because he invited me to become the trainer for the team.”

Apodaca knew coming into the camp that he would have to win over the athletes that were going to be in his care.

He immediately established his credentials by treating the wrestlers' injuries with skill and care and now has the trust of the athletes.

“I think the things I bring to the wrestling program is my experience in working with wrestlers specifically. I

have been working with wrestlers for about 10 years and I've seen just about every injury a wrestler can go through.

“I'm the new guy here and these athletes have never seen me before or worked with me before. I had to prove myself more to some of the older guys who were not too sure what I brought to the table.

*“I have been working with wrestlers for about 10 years and I've seen just about every injury a wrestler can go through.”*

**Michael Apodaca**  
3rd Medical Group NCOIC of physical therapy



MR. WALT JOHNSON

**Michael Apodaca, Air Force wrestling team trainer from the 3rd Medical Group, tapes the ankle of Air Force wrestler Peter Hicks prior to a practice session.**

“As time has gone by, more of the wrestlers are coming to me and asking my advice on how they should treat their injuries, so confidence is growing daily in my ability to help them,” Apodaca said.

Apodaca said he is also educating the wrestlers on how to understand when their body is telling them something is wrong. He is also teaching them to treat and heal any injury.

“We are just trying to make sure that whenever they do have a problem it doesn't get worse. I have to make my assessment on whether or not the

wrestlers are able to go and also I talk every day with coach Estrella on health conditioning issues and how prepared they are to participate in the program.

“When this is over I would like to think that I've played a role in keeping the wrestlers as healthy as I could.

“The key to us being successful is preventing injuries and helping them to recover from injuries in sufficient time to help the Air Force win the interservice championships, and hopefully win a couple of national championships,” he said.



Lt. Col. Thomas Browning, commander

### Unit Spotlight

#### 3rd Operations Support Squadron

#### MISSION:

The 3rd Operations Support Squadron is the foundation for the combat power of the 3rd Operations Group. The 3rd OSS provides the framework and support for the operational squadrons to deploy and employ as a fully integrated wing ... a dominant team. The 3rd OSS mission is to enable dominant airpower, anytime, anywhere. The squadron is continuously seeking out ways to provide better support.







Members of the 3rd Security Forces Squadron riot control team stand guard outside the Post Road Gate during Phase 1 in response to an exercise protest.



Three Arctic Warriors evacuate the morgue after it was hit by a simulated scud missile during Phase 2.



Master Sergeant Martin Barr, 3rd Services Squadron, gets help donning his mask from Airman 1st Class Samuel Miriti, 3rd SVS, during a simulated scud missile chemical attack during Phase 2.



Above: Airman Jessie Kenyon, 3rd Security Forces Squadron, sets up a defensive position in a simulated enemy attack during Phase 2 of the Polar Force 05-3 Operational Readiness Exercise. The week-long exercise began March 30 and tested the wing's ability to survive and operate in a combat environment. On the cover: Senior Airman Jeremy Johnson, 3rd Security Forces Squadron, apprehends a simulated rebellious war protestor who infiltrated the base during Phase 1.



Above: Senior Airman David Fernandez and Airman Ryan Shattner, from the 3rd Logistics Readiness Squadron, check a pallet of cargo at the Joint Mobility Complex during Phase 1. Right: Airman 1st Class Meghan Matherne, 3rd Aerospace Medical Squadron, refers to her Airman's Manual to verify the identity of an unexploded ordnance during Phase 2.



STAFF SGT. PRENTICE COLTER



## A man in a blue shirt and glasses is operating a Yale forklift in a warehouse. The forklift is lifting a large stack of white drawers. The warehouse has high shelves in the background. The forklift has "Yale" and "2000 LBS" written on its mast. The operator's seat is yellow with the "Deka" logo. The drawers are secured with white straps. The forklift's mast also has a yellow label with the letter "E". The number "902 697" is visible on the side of the forklift's body.

**SIGNATURE BURGERS:** The Susitna Café has added a new signature item to their menu. Fresh-ground top sirloin formed into big, juicy, 1/3 pound patties that you can really wrap your hands around. You can top them with as many items from our list as you choose.



Airman Medal of Honor heroes

By 1st Lt. Tony Wickman  
Alaskan Command Public Affairs

ACROSS

- 1. Kingdom
- 6. \_\_\_ carte; separate menu items
- 9. Castle savers
- 14. Ancient Mexican
- 15. \_\_\_ Abner
- 16. White heron
- 17. False
- 18. *Mork & Mindy* actress Dauber
- 19. Tribulation
- 20. Aleutian Island occupied by Japan in WWII
- 21. Health org.
- 22. Ambition
- 23. USAF reservist, in short
- 25. Christmas egg drink
- 27. Rubbernecks
- 30. Goals
- 34. Ancient Hebrew coin
- 35. Run an \_\_\_\_; perform a task
- 37. Henry VIII’s last wife Catherine

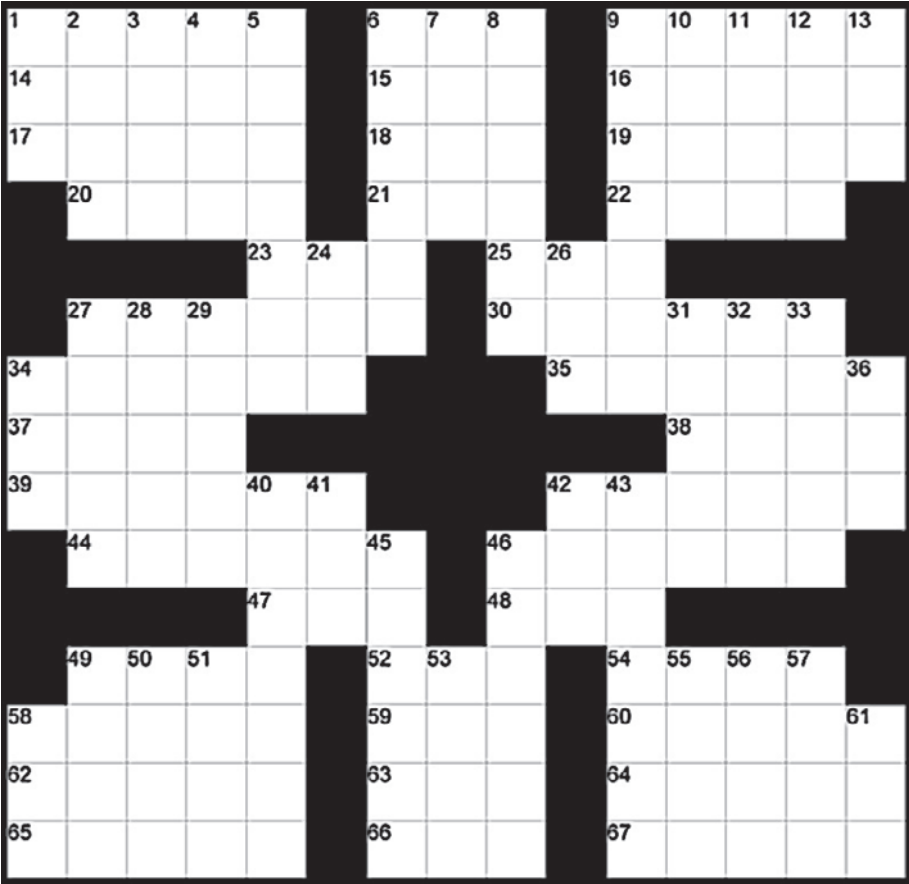


Last week’s solution

- 38. Cultivated
- 39. Quiver fillers
- 42. Adage
- 44. American frontiersman, folk hero Boone
- 46. Complemented
- 47. Mekong Delta inhabitant
- 48. USAF E-2
- 49. Assignment
- 52. USA ally during Vietnam conflict
- 54. Info
- 58. Sauce or pepper starter
- 59. Pipe bomb, etc., in short
- 60. Sink heavily
- 62. Hall of Fame pitcher Ryan
- 63. Gun lobby
- 64. Beauty product maker \_\_\_\_\_
- Lauder
- 65. Replaces
- 66. Woman
- 67. MOH recipient Capt. Gerald O. \_\_\_\_\_

DOWN

- 1. Naive
- 2. American writer Pound
- 3. One small child (two words)
- 4. Christian season of fasting
- 5. MOH recipient Maj. Thomas B. \_\_\_\_\_, Jr.
- 6. First letters of Greek alphabet
- 7. Actor Neeson
- 8. \_\_\_ Joy candy bar
- 9. MOH recipient 2d. Lt. William E. \_\_\_\_\_, Jr.
- 10. Shrek was one
- 11. Opera highlight
- 12. Short-necked freshwater ducks
- 13. An MO airport code



- 24. Bugs Bunny voice Blanc
- 26. Mining result
- 27. Glass splinter
- 28. \_\_\_ cotta; ceramic wares
- 29. Ohio city
- 31. Lingo
- 32. Homer’s wife
- 33. Golfer Sam
- 34. Health resort
- 36. An OK airport code
- 40. MOH recipient Maj. Raymond H. \_\_\_\_\_
- 41. Ocean part
- 42. Chinese dish dim \_\_\_\_
- 43. MOH recipient Capt. Darrell R. \_\_\_\_\_

- 45. MOH recipient Maj. Charles J. \_\_\_\_\_, Jr.
- 46. Summer foot wear
- 49. Holier-than-\_\_\_\_; superior at-titude
- 50. Hurts
- 51. Wing’s leading edge movable, auxiliary airfoil
- 53. Designer Wang
- 55. Too
- 56. Nobel Peace Prize winner Desmond
- 57. Prayer ender
- 58. CSAF naval equivalent
- 61. Wooden pin



# SPORTSPAGE

## Fitness Center gets new morning exercise class



PHOTOS BY AIRMAN 1ST CLASS GARRETT HOTHAN

Pat Claar, instructor, leads a class during one of the Fitness Center’s newest exercise classes, called “Fresh Start.” It is a muscle-conditioning class that meets Monday, Wednesday and Friday for an hour at 9:30 a.m. on the first floor of the Fitness Center.

**Senior Airman Amy Morrisette**  
3rd Wing Public Affairs

Calling all Arctic Warriors! If you are free from morning commitments and are looking to start a new workout routine or get back into one routine, Elmendorf’s newest exercise class, “Fresh Start,” may be just what you’re looking for.

“Fresh Start” is a muscle-conditioning class designed to get people motivated and healthier. It is a ‘fresh start’ to the day and a good beginner class for those interested in taking more advanced-level classes like spinning, which require much greater strength and endurance,” said Pat Claar, class instructor.

Claar has been helping Arctic Warriors shape up as an instructor at Elmendorf’s Fitness Center for more than two years. She’s certified in Group Fitness Instruction through the American Council on Exercise and the University of Alaska, Anchorage. Her classes offered include Step aerobics, water aerobics, circuit-training, spinning and now Fresh Start.

However, Claar said she designed Fresh Start with

a specific audience in mind. “While Fresh Start is open to everyone, I chose the time [of the class] to be in the morning especially for those people who are stay-at-home spouses. It’s a place where they can get away and do something good for themselves after they drop off the kids at school or day care.”

What’s more, Claar said she designs each class to be unique. “I’m always trying to change things up [from class to class] by focusing on different ways to exercise each of the major muscle groups and using different equipment, like fit balls, weights, tubing and bands.”

Fresh Start is offered free of charge Mondays, Wednesdays and Fridays from 9:30 a.m. to 10:30 a.m. and it doesn’t require advance registration. “All you need to do is show up with a bottle of water to stay properly hydrated throughout the class, and I always recommend having a comfortable pair of tennis shoes,” she said.

Fresh Start is held on the first floor of the Fitness Center and is open to everyone. For more information, people should call the Fitness Center front desk at 552-2504.



A class member strengthens her abdomen. Fresh Start is a beginner-level exercise class for those preparing for more advanced aerobic classes and endurance activities.

### Sports Standings

Volleyball						Skeet				Billiards			
Wins Losses			Wins Losses			Totals		Totals		Wins Losses			
3rd EMS 1	10	0	3rd MOS	4	5	611th ASG	2553	732nd AMS	1468	732nd AMS	8	2	
3rd OSS	9	1	3rd MDG	4	6	ALCOM 1	2514	3rd LRS	1132	3rd OSS	7	3	
611th CES	8	1	ALCOM	3	5	3rd CMS	2487	703rd AMXS	1093	3rd CS 1	5	5	
3rd LRS	7	3	381st IS	2	5	3rd EMS 2	2235	381st IS	387	3rd EMS	5	5	
3rd EMS 2	5	3	3rd SVS	2	6	611th AOG	2136	90th AMU	343	3rd CS 2	5	5	
962nd AACS	5	3	3rd CS	2	8	ALCOM 2	2099	3rd EMS 1	95	3rd LRS	0	10	
381st AMS	4	4	732nd AMS	1	8	3rd CES	1746	90th AMU	0				
3rd CES	4	5	EMS Ammo	0	7	3rd CS	1692	703rd AMXS	0				

\*\* Standings current as of April 3